



Fairfax Station CONNECTION Clifton & Lorton

The campus green of the Workhouse Arts Center in Lorton was packed with families setting up their blankets and lawn chairs before the fireworks began on Saturday, July 1 for the Independence Day Celebration.

WELLBEING

PAGE 8

Workhouse Arts Center Independence Day Celebration

NEWS, PAGE 3

Great Harvest Bread Company Supports Animal Shelter

NEWS, PAGE 5

New Garden Beds Blossom in Lorton

NEWS, PAGE 5





Thank you to the 2017 LBSS PTSA All Night Grad Party Supporters!

The Lake Braddock Senior Class of 2017 and their families would like to thank the following businesses, organizations and individuals for their support of the PTSA-sponsored alcohol- and drug-free All Night Graduation Celebration which was held on June 19th, 2017, at the Audrey Moore RECenter at Wakefield Park. We are grateful for their generous contributions and commitment to the young people of our community. Please support these organizations that invest in the success of Lake Braddock Secondary School.

Friends of the Class (\$1-49)

Andy Porth
Ashley Bustamante
Ashely Thompson
Bailey Edwards
Brian Yoo
Cardinal Plaza Shell
Carol Galonis
Cintia Ortiz de Zarate
Deborah Laub
Denise Weider
Eileen Patterson
Elena Eskandari
Elizabeth Rickards
Emily Glaccum
Gail McLamore
Grace Robb
Hair Cattery
James Baker
Jennifer Moffat
Karen Browning
Karin Durkee
Kat Frazier
Keene Mill Elementary PTSA
Kim Brownell
Kim Rolland
Kimberly Scott
Lisa Bethune
Maria Bates
Maruca Malloy
Mary Ager
Michael Simbulan
Michelle Czernia
Michelle Tyler
Mitiku Beka
Patricia Bryant
Prudence Bovee
Rosemary Bolden
Rowland Oliver
Sabine Anderson
Sara Bryant
Sean Keenan
Sean O'Neil
Shannon Hodge

Sunil Bajaj
Suzanne Ross
Tanya Burns
Yvonne Totten

Purple Level (\$50-99)

Burke Animal Clinic
Burke Athletic Club
Burke Auto Services Expert
Burke Nursery
Burke Townhouse HOA
Carol Wooddell
Carrie Fischer
Christine Hughes
Clyde's Restaurant Group
Eileen Filler-Corn For Delegate
El Pueblo
Foxfire Grill
Friendly Smiles Dental Care
Gwen Whitmarsh
Interstate Moving
Jacqueline Fee
Janine Draschner
Jim Baker
Jubilee Christian Center
Judy Ryan
Kings Park Civic Association
Knights of Columbus
Kristi Sevachko
Lake Braddock Community Association
Laurence Murphy
Maria Hatcher
Martin Schuh
Melanie Wilson Harman DMD PC
New Lakepointe
Seth & Deborah Terkper
Springfield Lorton Dental Group
St. Stephen's United Methodist Church
Steven Goering
Susan Moreau
Susana Raygada
Westwood Baptist Church
Whitmer Decks
Woodhirst Homeowners Association

YourCause, LLC, Trustee for Federal
Home Loan Mortgage Corporation

Gold Level (\$100-249)

Amy Clemson
Bracken Opticians
Burke Lions Club
Catherine Hanson
Dave Albo for Delegate
Denise Krug
Five Guys
Holy Spirit Catholic Church
Jewish Community Center of
Northern Virginia
KC Automotive
Susan Jaskot
The 2nd Cherry Run Homeowners Assoc.
Vicki Duong

Bruin Level (\$250-499)

Church of the Nativity
Helen Baptist
Jeffrey Klioze, DDS
Linda Wiwa
Marc Hausman of Hypnotic Experience
Nail Ala Mode
Northern Virginia Dental Associates
Swiss Bakery
Trash Away
Zbynek Krobot

Corporate Level

Austin Grill
Burke Volunteer Fire Department
Burke Veterinary Clinic
Fairfax County Park Authority
Fairfax County Police Department
Mark Allen Flickinger
South Run Regency
Village Vet
Wegmans

We'd like to thank the faculty and staff of LBSS and especially the LBSS PTSA for supporting the All Night Graduation Celebration.

A huge thank you to our volunteers: the parents, friends and relatives of the Classes of 2017, 2018, 2019 and 2020.

We would also like to extend a special thank you to the Burke Volunteer Fire and Rescue Department and the Fairfax County Police for their vital presence at our party. Finally, we'd like to thank the staff of the Audrey Moore RECenter for all their help in making the night run smoothly.

Make plans now to support our 2018 party on June 12th, 2018.



The lawn of the Workhouse Arts Center in Lorton was packed with families setting up their blankets and lawn chairs before the fireworks began on Saturday, July 1 for the Independence Day Celebration.



As the band Shane Gamble played on, children danced in an impromptu kiddie mosh pit in front of the stage at the Workhouse Arts Center in Lorton.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Workhouse Arts Center Hosts Independence Day Celebration

The crowds came out to the Workhouse Arts Center in Lorton for its Independence Day Celebration, which was held on Saturday, July 1. Families set up their own picnics with blankets and lawn chairs on the campus green in the 90-degree heat. In addition to the fireworks, there was food, craft beer and wine, and live music provided by Shane Gamble. To beat the heat, visitors could duck into the art exhibits in the air-conditioned artist's studios at the former Lorton Prison.

—STEVE HIBBARD



Parker Sanford, 6, and his sister Mackenzie, 9, of Fairfax Station enjoy ice cream sundaes at the Workhouse Arts Center in Lorton.



The band Shane Gamble performs under the tent at the Workhouse Arts Center in Lorton before the fireworks begin.



Dave Dunyak of Fairfax Station and Marcia Noca of Fairfax admire the art exhibit called "Walk Right In" at the Arches Gallery W9 at the Workhouse Arts Center in Lorton.



Twin brothers Ethan and Logan Miller, 9, of Lorton exercise on the rowing machines in the Art of Movement studio.



Mikayla, Leonardo, and Jayden Jolley of Lorton enjoy pizza while waiting for the fireworks to begin at the Workhouse Arts Center in Lorton.



Visitors check out the exhibits at the Workhouse Prison Museum at the Workhouse Arts Center in Lorton.



The three garden beds are all set up at Lorton Community Action Center (LCAC).



Lorton and Fort Belvoir community members came down to help construct the two garden beds.

PHOTOS COURTESY OF LINDA PATTERSON

New Garden Beds Blossom Lorton Community Action Center adds two garden beds with help of grants.

BY BASMA HUMADI
THE CONNECTION

One year ago, Stephanie Hart, Director of Food and Nutrition at the Lorton Community Action Center (LCAC), pitched an idea to Executive Director at LCAC, Linda Patterson: let's build a garden.

The care, growth and produce from the garden could then be used for nutrition education programs available for children and adults at the community center.

With the help of Matthew Rosenthal, a youth working on his mitzvah project for Temple B'nai Shalom synagogue in Northern Virginia, Hart and Rosenthal began working together to raise money and construct LCAC's first garden bed. After seeing its success, they knew it was time to build a few more.

"Stephanie and I talked and we wanted to expand it because we knew one bed really wasn't enough," Patterson said.

From there, Patterson wrote a grant proposal and with the help of the Junior League of Northern Virginia and 495 and 95 Express Lanes, Transurban Community Grant Program, LCAC was able to get the ball rolling to set up two new garden beds for this summer.

"When the grant program started [in about 2010], we wanted a way that we could support a number of organizations to really improve the community which we operate," said spokesperson for Transurban, Michael McGurk.

"For this most recent grant for the Lorton Community Action Center, we really like ... that [it] tries to educate people on a healthy eating initiative that they're working on and provide food to needy families as well."

The garden beds will be used for bearing produce for three out of four seasons with a mix of fruits and vegetables that change



Some of the produce at LCAC begins to grow.



Two youths from the Lorton community help assemble one of the garden beds.

seasonally. Some of the produce LCAC is planting this summer include cabbage, tomatoes, brussel sprouts, and several kinds of peppers. Coming soon in the fall are: squash, pumpkins, eggplants, onions, cauliflowers, among others.

"For the gardens to be successful you can't plant one [season], you have to plant all three seasons because the nutrients from the plants and soil does better if you just keep planting," Patterson said.

Children help the growth of the garden by watering the plants and adults assist as well to harvest and weed. The harvests from

the produce is used in LCAC's summer lunch program for children and nutrition classes where adults are able to learn to cook different recipes like crusted chicken.

"Folks really like this and the recipes we utilize in class many times can be made with the things they receive in our food pantry," Anderson said. "They're not spending extra funds to be able to have helpful meals. This is the stuff we target to have on hand every week for the 200 plus families we serve."

LCAC partnered with the Junior League of Northern Virginia, an all woman's volunteer group that aims to promote

volunteerism and improve the community, in order to receive a grant to support the funds for the garden bed. The pair originally partnered together to help build the first garden bed, and after that proved successful, Patterson decided to reach out again. "We really come to LCAC with all of our tools and all of our members and it's one of our most favorite partnerships because we are able to do so many different things with them," said Celia Anderson, President-elect at Junior League of Northern Virginia. "They're very open to us coming and making us part of their home."

Burke Girl Fatally Struck by Train

Detectives are investigating the death of a 13-year-old girl who was fatally struck by a train June 28, around 3 p.m. The victim has been identified as Reyhan Safoglu, of Burke. She was hiking in the area of Bull Run Bridge, near Clifton, with her 13-year-old cousin and 21-year-old brother.

According to the police, the two teens were walking on the bridge when a train approached. The boy was able to get out of the way; unfortunately, the girl could not get off the tracks and was struck.

The fire department responded and pronounced her dead at the scene. The detectives responded to investigate and are working closely with family, public safety partners in Manassas Park and the railway and railroad companies. The victim was a student at Lake Braddock Secondary School.

The investigation is ongoing and detectives are working closely with Reyhan's family. School Liaison Commander is also working with the family and school officials to provide support, as needed.



PHOTO BY MIKE SALMON/THE CONNECTION

Great Blue Heron at Burke Lake

At Burke Lake, this Great Blue Heron stalks minnows along the shoreline as the picnic tables filled up by July 4 revelers for this year's Independence Day.

BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

VOLUNTEERS NEEDED

Shepherd's Center of Fairfax-Burke serves those 50 and older who no longer drive. **Volunteer drivers** are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. **Office workers** are needed to answer phones in the SCFB office (Monday-Friday) to match drivers and those who need rides. Call 703-323-4788.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will

be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Springfield area, FEEDS is offered at the following schools:

- ❖ Springfield Gardens Apartments, 6116 Cumberland Ave.
- ❖ Springfield Square Apartments, 7000 Rhoden Court, starts at noon
- ❖ Chelsea Square Apartments, 5734 Backlick Road, starts at noon

Great Harvest Bread Company Supports Animal Shelter

Jeffrey Connelly, owner of Great Harvest Bread Company's Burke and Lorton stores, presents Celia Flye, Executive Director for Friends of the Fairfax County Animal Shelter, a check for \$646. The donation was collected from Connelly's Easter promotion when \$2 from each Honey Bunny sold was put aside to benefit the Friends of the Fairfax County Animal Shelter.



CAPE COD REMODELED HOME TOUR

Saturday, July 15th, 12pm-4pm

608 Greenwich Street, Falls Church, VA 22046



REINVENT YOUR HOME TO ENRICH YOUR LIFE

Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home.

THIS IS A MUST-SEE REMODELED HOME!

SUN DESIGN
Design. Remodel. Relationships.



Major Remodels • Additions • Kitchens
Baths • Basements • Outdoor Spaces
703.425.5588 SunDesignInc.com



OPINION

Send in Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance

dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

EDITORIAL



Ryane and Charlie

Pet Connection, July 2016: Ryane Devlin of Clifton and her best canine friend Charlotte - "Charlie" catching a few Z's. Charlie will be one year old in late August. She is very friendly and energetic.

LETTERS TO THE EDITOR

Withholding Funds Hurts WMATA

To the Editor:

The following open letter was addressed to Secretary U.S. Department of Transportation.

Dear Secretary Chao,

As representatives of public transit customers in the Commonwealth of Virginia, we write to express our concerns regarding the Federal Transit Administration's (FTA) Feb. 10, 2017 decision to withhold federal transit grant money in response to incomplete efforts to establish a new State Safety Oversight Program (SSOP) for the Washington Metropolitan Area Transit Authority (WMATA).

On Feb. 8, 2016, the FTA gave notice that the Metropolitan Safety Commission (MSC), a new SSOP to succeed WMATA's Tri-State Oversight Commission, must be in place and certified by the FTA on or before Feb. 9, 2017. On Feb. 10, 2017, with no new SSOP certified, the FTA announced it would exercise its authority to withhold five percent of federal funds authorized in fiscal year 2017 under the Urbanized Area Apportionments Program (49 U.S.C. 5307). The initial withholding equated to \$8.9 million, and is expected to total \$15 million if the withholding continues to the end of the current fiscal year. This withholding will not just impact funding for WMATA, but for broader infrastructure maintenance throughout Virginia, Maryland, and Washington, D.C.

The decision to withhold these federal funds has created significant uncertainty amongst state and local governments in terms of

budget planning and stability. Should the withholding of funds continue throughout the remainder of the fiscal year, the governments and their transit systems will be faced with a number of difficult decisions about the manner in which they allocate their limited resources. Under a worst-case scenario, they would be forced to make cuts to good repair efforts or reduce service to their respective communities, either of which would be harmful to our constituents. We agree safety must be a top priority, but eliminating funding for infrastructure repair would directly contradict a SSOP's stated goal.

Given the FTA must engage in this process with 29 other transit agencies nationwide by 2019, we appreciate the complexity of the issues that were considered in making the decision to withhold these funds. However, we must emphasize — as many of us have expressed previously either directly to you, your predecessor, or the FTA — that the timing of both the notice and the deadline set by FTA were arbitrary in that there seemed to be little or no consideration of the legislative calendars of the Virginia General Assembly or the General Assembly of Maryland.

The FTA timetable effectively gave Virginia and Maryland less than one full legislative session to negotiate amongst each other and the District, draft the proposal, navigate it through the respective lawmaking bodies, and sign it into law. The unreasonable require-

ments FTA put forth were not simply for the SSOP to have a legal foundation by the February 2017 deadline, but to have the program fully certified by FTA, which necessitates months of work after passing legislation, including, but not limited to, appointing commissioners, hiring staff, and leasing office space. We are therefore led to believe that FTA either set their requirements without providing fair consideration to the unique institutional challenges that exist within the jurisdictions, or the FTA set them with a deadline so unrealistic that failure was unavoidable.

Given the concerns we have raised in this letter regarding FTA's shortsighted approach to this matter, and in light of the demonstrated progress which has been made, we respectfully request that your office work with the FTA to explore a compromise in which part of these withheld funds can be released as a show of good faith, as the jurisdictions continue their work to construct a stable SSOP. Lending further justification for this request is the real progress that has been made with respect to organizing the MSC. At the time this is written:

- ❖ Virginia, Maryland, and the District (the jurisdictions) have each enacted legislation to enter into an interstate compact to form the MSC;

- ❖ The jurisdictions have submitted a detailed draft certification plan to FTA for review (though FTA has not yet provided formal

feedback on the plan);

- ❖ Joint resolutions have been introduced in both the House of Representatives and the Senate to grant Congressional approval to the MSC compact;

- ❖ The Senate has passed its version of the joint resolution;

- ❖ The House Judiciary Committee, which has sole jurisdiction over the joint resolution, has ordered the House's parallel version of the resolution to be reported favorably to the full House; and

- ❖ We are requesting that the measure be taken up for consideration as soon as possible.

We appreciate the FTA's important safety work, especially its temporary safety oversight role with respect to WMATA. Without FTA's diligence, more harm may have come to WMATA's customers. But we must find an equitable solution to this matter.

We look forward to partnering with you, Madam Secretary, as well as the FTA to ensure safety remains the top priority in all transit systems and that reforms are made to accomplish a transit agency that provides safe, reliable service to our constituents. We appreciate your thoughtful consideration of this request.

U.S. Rep. Barbara Comstock,
U.S. Rep. Bob Goodlatte,
U.S. Rep. Robert J. Wittman,
U.S. Rep. Scott Taylor,
U.S. Sen. Tim Kaine, and
U.S. Sen. Mark R. Warner

Fairfax Station,
Lorton & Clifton
CONNECTION

www.ConnectionNewspapers.com

@LFSCConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by
Local Media Connection LLC**

**1606 King Street
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Tim Peterson
Community Reporter
703-314-0789
tpeterson@connectionnewspapers.com

Kyle Kincaid
Editorial Assistant
south@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



CALENDAR

Send entertainment notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

FUN-Exercise Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: va.evanced.info/fairfaxcounty/lib/eventcalendar.asp

Kingstowne Farmers Market opens. 4-7 p.m. every Friday through Oct. 27, at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa, hummus, cake pops, fruit popsicles, and ice cream. Email Chelsea.roseberry@fairfaxcounty.gov or call 703-642-0128 for more.

SATURDAY/JULY 8

Historic School Bus Tour. 9 a.m.-2 p.m. Tour will begin at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "Bus Tour to Three Historic Fairfax County Public

Schools." Bring a bag lunch and closed drink. \$45/county residents, \$47 non-residents. Register at www.fairfaxcounty.gov/parks/parktakes. Code: 3163926301

Community Blood Drive. 10:30 a.m.-2:30 p.m. at Patriot Harley-Davidson, 9739 Fairfax Boulevard in Fairfax. Donors should allow one hour for the process, and each will receive a complimentary Super Donor t-shirt courtesy of Inova Blood Donor Services. Visit inova.org/donateblood using sponsor code 5255 or call 703-352-5400.

Lesson Zero Concert. 8-midnight at The Epicure Café, 11104 Lee Highway, Fairfax. This band is from Springfield. Free. Visit www.reverbnation.com/lessonzero for more.

SUNDAY/JULY 9

Mason Family on Roosevelt Island. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Bradley Krueger, a National Park Service Cultural Resources Specialist for the George Washington Memorial Parkway, will tell the little-known history of George Mason's family on the island. Free. Call 703-385-8414 for more.

JULY 10-14

Vacation Bible School. 9 a.m.-noon at Historic Pohick Church, 9301 Richmond Highway, Lorton. For 3-year-olds through 5th-grade. Free. Call 703-339-6572 or visit www.pohick.org for more.

WEDNESDAY/JULY 12

Fashions and Tea. 11:30 a.m.-1 p.m. at Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Springfield Christian Women Connection sponsoring

fashion consultant, Dana Elmini, exploring the notion of "Simply Comfortable." In addition Gail Alicia will speak about "Surviving the Grand Canyons of Life." \$20. Call 703-922 6438, 703-913-9844 or email SpringWmConn@yahoo.com for more.

THURSDAY/JULY 13

Draw/Paint Live Model. 10:30 a.m.-2:30 p.m. at Old Town Hall, 3990 University Drive, Fairfax. A clothed model will pose for artists to draw or paint for three hours at the Fairfax Art League's Art&Lunch. Bring art supplies and lunch or buy at local restaurants. Call 703-385-7858 for more.

Yoga. 7-9 p.m. at Old Town Square, 3999 University Drive, Fairfax. Wear comfortable clothes and bring a mat, weather permitting. Free. Visit www.fairfaxartleague.net or call 703-587-9481 for more.

Summer Under the Stars Concert. 7:30 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong St., Fairfax. Children's Concert - City of Fairfax Band. Visit www.fairfaxband.org or call 703-385-7855 for more.

JULY 13-15

Fairfax Musical. 7 p.m. at Lorton Workhouse Art Center, 9518 Workhouse Road, Lorton. The Class Act Players Theatre Company presents "The Complete History of Fairfax: The Musical" as a part of Fairfax County's 275th anniversary celebration. Visit www.workhousearts.org for more.

SUNDAY/JULY 16

Battle of the Bands. 3-8 p.m. at Lakeside Park/Royal Lake, 5216 Pommeroy Drive, Fairfax. Braddock



PHOTO COURTESY OF THE CLASS ACT THEATRE COMPANY

"The Complete History of Fairfax (The Musical)" cast, from left: Christopher McDonnell, Hillary Leersnyder, Jesse Pollack, and Alex Poirier.

Fairfax History As a Musical

"The Complete History of Fairfax (The Musical)" will be performed at two Fairfax County venues: the James Lee Community Center Theater and the Workhouse Arts Center.

❖ "The Complete History of Fairfax (The Musical)" at James Lee Community Center Theatre, 2855 Annandale Road #101, Falls Church. Performances, July 6, 7 and 8, 2017 at 7 p.m. and Sunday, matinee, July 8, 2017, at 2 p.m. Tickets: \$10. Tickets www.eventbrite.com/e/the-complete-history-of-fairfax-the-musical-tickets-33287877939 available at the door or visit:

❖ "The Complete History of Fairfax (The Musical)" at the Workhouse Arts Center. 9518 Workhouse Road, Lorton. Performances July 13, 14 and 15, 2017, at 7 p.m. Tickets: \$12. Call 703-584-2900 or visit www.workhousearts.org.

Lunch N' Life. noon-2 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. The guest presenter will be Elizabeth Gray, Esq., speaking on legal issues for older adults. \$10. Sponsored by Shepherd's Center. Call 703-273-5730 or see www.scfbva.org for more.

District's Battle of the Bands. Ten bands, three food trucks. Music, neighbors and food. If it rains, it's cancelled. Email Linda.Bufano@fairfaxcounty.gov or call 703-425-9300 for more.

THURSDAY/JULY 20

Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

TWO POOR TEACHERS Kitchen and Bathroom Remodeling

10% down nothing until the job is complete for the past 17 years



Free Estimates
703-999-2928



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999



Visit our website: www.twopoorteachers.com

COMMUNITIES OF WORSHIP



Worship Gathering - Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sun. Evening - Realtime Worship & Youth 6 PM
Family Night - Wednesday 7:15 PM
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups
Visit our Website: www.jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170



To Advertise Your Community of Worship,
Call 703-778-9418

HOPSFROG GRILLE Great American Food

Celebrating Life's Little Pleasures 20 Years in Burke 1996-2016



Best Natural Angus Burgers, Soups, Salads, Sandwiches, Pastas, Aged Steaks & Daily Specials

20% Discount

Valid Mondays and Tuesdays Only
Offer expires 8/1/17.
Not valid with any other offers.

10% OFF Entire Check

Offer expires 7/31/17.
Not valid with any other offers.

5765-C Burke Centre Pkwy ▪ Burke ▪ 703-239-9324

Gary Kramer, D.D.S.
Sara Bunin, D.D.S.
 DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
 Dentistry for Children, Adolescents & Special Needs
 703-978-0051 KBPediatricSmiles.com



SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA • 22015
 MET LIFE, DELTA, BCBS/CAREFIRST, & UNITED CONCORDIA PROVIDER
 WEEKDAYS • SATURDAYS • EVENINGS 24 HOUR EMERGENCY CARE

WELLBEING

Meditation as Medicine

Practice linked to improvements in health.

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with illness running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expectation



PHOTO CONTRIBUTED

Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.

SEE MEDITATION, PAGE 10

UNIVERSITY MALL THEATRES
 Fairfax • Corner of Rt. 123 & Braddock
 703-273-7111

SUMMER CINEMA CAMP!
 10 A.M. Shows Monday-Friday

Proudly Presents This Year's Movies Specialists in Orthodontics

All Seats \$2.00, or All 10 Movies for \$10!

July 10-July 14.....ICE AGE: COLLISION COURSE (PG)
 July 17-July 21.....ALVIN & THE CHIPMUNKS: ROAD CHIP (PG)
 July 24-July 28.....THE PEANUTS MOVIE (G)
 July 31-August 4.....KUNG FU PANDA 3 (PG)

A healthy body starts with a healthy mouth!

At Peter K. Cocolis, Jr. and Associates, we believe optimum oral health is key to total body health and well-being. These days, going to the dentist is not just about taking good care of your teeth; it is about taking good care of your health. Problems in your mouth can be signs of trouble elsewhere in your body. Your oral exam reveals important early warning signs for many total-body conditions including diabetes, oral cancer and high blood pressure.

Whether your family seeks general preventive maintenance, cosmetic, or advanced restorative and implant dentistry to transform your smile's function and appearance, Drs. Cocolis and DaSilva are renowned by peers and patients alike for exceptional personalized care in a friendly, safe and state-of-the-art environment.

Consistently named "Top Dentist" in Northern Virginia magazine and among the "Best Dentists in the Metropolitan Area" in



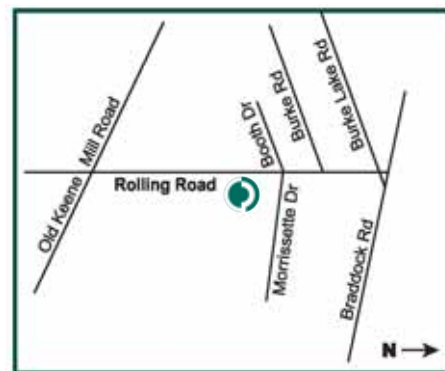
Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

Visit us on the Web or give us a call to discover what our patients are saying and to make your appointment.

Our Services:

- Routine cleanings and check-ups
- Fillings and sealants
- Sedation "sleep" dentistry
- Nitrous oxide
- Crowns, bridges, inlays, onlays
- Extractions
- TMJ/TMD therapy
- Endodontic (root canal) therapy
- Periodontal (gum) therapy including scaling and root planing
- Custom partial and full dentures
- Custom occlusal and sport guards
- Implants
- Bonding and veneers
- In-office professional whitening
- Invisalign (clear braces without the wires)

Selected as one of the
"Best Dentists in America"
"Best Dentists in Metropolitan Area"
 by Washingtonian Magazine
"Top Dentist"
 by Northern Virginia Magazine



FREE IMPLANT CONSULTATION

X-rays not included. Not valid with insurance submission.



Peter K. Cocolis, Jr., DMD & Associates

Peter K. Cocolis, Jr., DMD, MAGD
 Emily A. DaSilva, DDS, FAGD



**5803 Rolling Road, Suite 211
 Springfield, VA 22152**

703-912-3800 • www.smiles4va.com



Monday-Thursday 8 A.M.-5 P.M.; Friday* 8 A.M.-1 P.M. *Once monthly for sedation appointments

PEOPLE

Massage Envy Burke Employees Named Regional Esthetician and Therapist of the Year

Massage Envy, provider of therapeutic massage and skincare services, has named Beysith Novella as a Regional Esthetician of the Year and Megan Santos as a Regional Therapist of the Year. Both are of the Massage Envy Burke franchised location.

From a staff of more than 25,000 professional therapists and estheticians collectively employed across the franchise network, winners were recognized for their high levels of professionalism, exceptional client care and consistently upholding the tenets of therapeutic touch.

Novella has been a member of the Burke team for two years. She is the location's lead esthetician, helping train and mentor other estheticians, while taking great care of clients. Santos has been a dedicated member of the Burke team for nine years. As lead therapist, she helps train and mentor other massage therapists, while taking care of clients.

Henry Kim and Stephen Vereb, Massage Envy Regional Multi-Unit Franchise Owners, said about Novella and Santos, "Their approach to client care represents the gold-standard and we are pleased that this has been acknowledged at the national level."

For more information, visit www.massageenvy.com



Beysith Novella



PHOTOS CONTRIBUTED
Megan Santos

Give Blood, Save Lives

The American Red Cross is facing a critical blood shortage and is issuing an emergency call for eligible blood and platelet donors of all blood types to give now and help save lives. Blood donations have fallen short of expectations for the past two months, resulting in about 61,000 fewer donations than needed and causing a significant drawdown of the Red Cross blood supply. The shortfall is the equivalent of the Red Cross not collecting any blood donations for more than four days. "It's crucial that people donate now to meet the needs of patients every day and to be prepared for emergencies that require significant volumes of donated blood," said Nick Gehrig, communications director, Red Cross Blood Services. "Every day, blood and platelet donors can help save lives, and right now these heroes are needed to give as soon as possible." To schedule an appointment to donate, use the free Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation

opportunities
Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200:

7/5/2017: 12:45 p.m. - 8 p.m.
7/6/2017: 12:45 p.m. - 5:45 p.m.
7/7/2017: 7:45 a.m. - 3 p.m.
7/8/2017: 7:45 a.m. - 3 p.m.
7/9/2017: 7:45 a.m. - 2:45 p.m.
7/10/2017: 1:15 p.m. - 8:30 p.m.
7/11/2017: 10:45 a.m. - 5:45 p.m.
7/12/2017: 12:45 p.m. - 8 p.m.
7/13/2017: 12:45 p.m. - 5:45 p.m.
7/14/2017: 7:45 a.m. - 3 p.m.
7/15/2017: 7:45 a.m. - 3 p.m.
7/16/2017: 7:45 a.m. - 2:45 p.m.
7/17/2017: 1:15 p.m. - 8:30 p.m.
7/18/2017: 10:45 a.m. - 5:45 p.m.
7/19/2017: 12:45 p.m. - 8 p.m.
7/20/2017: 12:45 p.m. - 5:45 p.m.
7/21/2017: 7:45 a.m. - 3 p.m.
7/22/2017: 7:45 a.m. - 3 p.m.
7/23/2017: 7:45 a.m. - 2:45 p.m.
7/24/2017: 1:15 p.m. - 8:30 p.m.
7/25/2017: 10:45 a.m. - 5:45 p.m.
Herndon
7/10/2017: 2 p.m. - 7 p.m., St. Timothy's Episcopal Church, 432 Van Buren St.
Reston
7/5/2017: 3 p.m. - 8 p.m., St. Thomas a Becket RCC, 1421 Wiehle Ave
7/12/2017: 10 a.m. - 3 p.m., Reston Library, 11925 Bowman Towne Dr.
7/14/2017: 8 a.m. - 1:30 p.m., U.S. Geological Survey, 12201 Sunrise Valley Dr

For more information, visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Improvements

Improvements

Announcements

RCL HOME REPAIRS

Bathroom and Kitchen Renovations
Handyman Services
Minor Electrical and Plumbing Services
Drywall Repair
Serving Southern Fairfax County
randy@rclhomerepairs.com • 703-922-4190

Announcements

Announcements

BB&T Bank Ordered AUCTION

Tuesday
July 18th
at 6PM

Sale Site: 620 Chastain Rd, NW,
Kennesaw, GA 30144

**15 Commercial
Properties**
in AL, FL, GA, NC, PA & VA

Many Properties Sell **ABSOLUTE!** No Reserves!

770.425.1141 • johndixon.com

Bid Live at
the Auction
& Online!

9⁺ Bank
Branches &
6⁺ Commercial
Tracts

JD
JOHN DIXON
& ASSOCIATES
AUCTIONS • MARKETING
AL:1481, FL:AB-1488,
GA:2034, NCFL-6397,
PA:6034, VA:2908 000490
10% Buyer's Premium

Announcements

Announcements

Lifetime ROOFING

by VA CAROLINA BUILDINGS, INC

FACTORY DIRECT WE FINANCE

CALL 800-893-1242

WWW.METALROOFOVER.COM

SINGLE WIDES
DOUBLE WIDES
HOUSES

Announcements

Announcements

100% CASH FOR VINTAGE BASEBALL CARDS (1900-1972)

Private collectors in town paying all cash for vintage baseball, football & basketball card collections from 1900-1972 ONLY. Looking for complete & partial sets, star cards, higher grade commons and all tobacco cards.

**\$250,000 to spend & WE PAY ALL
CASH and way more than dealers!**

www.baseballcardroadshows.com

Call now to schedule a private appointment.
(Paul or Gary)

FRIDAY, JULY 14th
ROANOKE

SATURDAY, JULY 15th
RICHMOND



804-467-7428

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.

Schefer Antiques
703-241-0790

theschefer@cox.net

Employment

Focus Group Participants Needed (Fairfax County)

compensation: \$200.00/day
Fairfax County Residents Only
Focus Group Participants needed
to consider real legal case.
The Focus Groups will be held
on Monday July 17, 2017 and
Tuesday July 18, 2017.
They are from 8:30a to 5:00p.
Each participant is limited to
one date. The location will be in
Alexandria, VA.

If interested, please leave a
message at 1-800-839-7282
with your name, age,
city in Fairfax County where you
live, and phone number:

Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH
Serving the Area Since 1995



- Speed Up Slow Computers
- Virus Removal
- Computer Setup
- Help with Windows 8

571-265-2038

Jennifer@HDIComputerSolutions.com

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe
Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail:
goinggreen@connectionnewspapers.com

**THE CONNECTION
NEWSPAPERS**

Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so – and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that 'newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

ELECTRICAL	ELECTRICAL	LANDSCAPING	Good is not good, where better is expected. -Thomas Fuller
K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465	
GUTTER	GUTTER	LANDSCAPING	LANDSCAPING
GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		Patios & Drainage Your neighborhood company since 1987 703-912-6886 J.E.S. Services Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed	
IMPROVEMENTS	IMPROVEMENTS	TILE / MARBLE	TILE / MARBLE
Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoia violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured	
A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		TILE / MARBLE	TILE / MARBLE
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service	
Alfredo's Construction Company, Inc. • Concrete Driveways • Patios • Sidewalks • Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com		TELL US WHAT YOU THINK SUBMIT YOUR LETTER TO THE EDITOR HERE www.ConnectionNewspapers.com/contact/letter	
An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com	

WELLBEING

Meditation As Medicine

FROM PAGE 8

tion wasn't in place 10 years ago."

Love says that while scientific research to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as

"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

— Kate Love

you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and concentration. Settings for this mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."

Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."

7

VIRGINIA

2017

Special VIP Offer for your Toyota



ServiceCenters
Keep Your Toyota a Toyota

Jack Taylor's
**ALEXANDRIA
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305
703-684-0710 • www.alexandriatoyota.com



Want to earn **FREE SERVICES**
and access your service coupons
on your phone? Download our
FREE Mobile APP today!

Access your vehicle's service records, receive our current
service coupons, receive instant service reminders, schedule
service instantly, store reward points & earn free service,
& view our current sales inventory.

SCAN HERE TO
DOWNLOAD OUR
APP FOR IOS OR
ANDROID!



Jack Taylor's
**ALEXANDRIA
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305



Service & Parts Dept. Hours:
Monday - Friday, 7:00am to 9:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**



**ToyotaCare
Customers**

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
Mile Services
Call your ASM for details
ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles



**BASIC LUBE, OIL & FILTER
CHANGE SERVICE**

\$29⁹⁵

NON-SYNTHETIC

\$44⁹⁵

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts
of conventional oil*, inspect windshield wipers, check
tire condition, check battery (with print-out), inspect
and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES. ADDITIONAL OFFER EXPIRES 7/31/17.

**SPRING DRIVING
SPECIAL**

\$29⁹⁵

Rotate & Balance 4 Wheels

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES. ADDITIONAL OFFER EXPIRES 7/31/17.

BRAKE SPECIAL

\$79⁹⁵

INCLUDES: Install Genuine Toyota front brake
pads, inspect front & rear rotors & drums, check
tire condition and inspect all hardware. Pads only.
Machine rotors an additional \$199.95.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES. ADDITIONAL OFFER EXPIRES 7/31/17.

CHECK ENGINE LIGHT DIAGNOSIS



NO CHARGE

INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES
& GIVE YOU AN ESTIMATE OF REPAIR COSTS.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES. ADDITIONAL OFFER EXPIRES 7/31/17.

4 WHEEL ALIGNMENT

\$64⁹⁵

Your car's alignment suffers, and can cause
uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts
& shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES. ADDITIONAL OFFER EXPIRES 7/31/17.

GENUINE TOYOTA

SIGHT LINE WIPER BLADES

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 7/31/17.



**BUY 3 TIRES
AND GET ONE**



FREE

SEE SERVICE ADVISOR FOR DETAILS.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES. ADDITIONAL OFFER EXPIRES 7/31/17.

15% OFF

ANY ONE REPAIR

Maximum Discount \$200

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES. ADDITIONAL OFFER EXPIRES 7/31/17.

Jack Taylor's

ALEXANDRIA TOYOTA

© SMS Productions, Inc. 1-800-289-7671 #201703019

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**



Shelley Draheim
703-503-1811
ShelleyD@Inf.com



Fairfax Station - \$689,000

Terrific home on private .61 acre lot in quiet, conveniently located community near transportation, schools, shopping & more. Updated kitchen & baths, walk-out LL, light/bright throughout!



Fairfax Station - \$685,000

Sought-after Main lvl Master suite, a Kitchen addition with huge island, table space & access to tiered deck, updated baths, finished lower level, and so much more! A gem in South Run Oaks community!

Find More Information at: www.Hermendorfer.com



David Levent
703-338-1388
davidshomes@Inf.com
Selling Virginia's Finest Homes
Member, NVAR Multi Million Dollar Sales Club



Burke \$645,000
Lovely Burke Home. 5 Bdrms, 3.5 Baths, 2 Car Gar. Kitchen remodeled with corian counters, SS

appliances, ceramic tile flooring & tile backsplash. Stone walkway and matching front porch. New Windows in 2014. New blinds 2016. 2 Zone Heating. Baths remodeled 2014. Hardwood floors main level. Fin Basement w/ new carpeting & full bath. Lovely Signal Hill neighborhood. Call for addtl details & pricing.



MARSHA WOLBER
Lifetime Member NVAR, Top Producers
Top 5% of Agents Nationally
www.marshawolber.com
Cell: 703-618-4397



Fairfax/Middlebridge - \$625,000

Move in ready home in sought after Middlebridge! 4 Bed-rooms, 2.5 baths, 2 car garage and 3 fin levels! Private deck with electric awning, stairs to fenced yard. New flooring, fresh paint and many updates throughout. Quiet cul de sac street. Robinson school pyramid. Scoop it up and make it your own.



JUDY SEMLER
703-503-1885
judys@Inf.com



Burke - \$750,000

Beautiful classic colonial with 2-story foyer * Formal living & dining rms * Main level den * Light filled eat-in kitchen with brick cooking alcove, granite, bay window * Spacious family rm w/gas fpl opens to deck * Wood flrs * Master suite features dressing area, large walk-in closets & bath * LL offers rec & game rms, dining area, bdrm, bath, storage rm & walks out to lush back yard * Visit 9424WoodedGlen.com



Fairfax Station - \$665,000

Fairfax Station subdivision colonial * Cul-de-sac location * Beautifully updated eat-in kitchen with custom cherry cabinets including a built-in pantry & granite counters * Wood floors * 5 bedrooms & 3.5 baths * Main level laundry room * Walkout lower level features recreation room, bedroom, bath & storage area * So many wonderful features! Call Judy for more information. Visit www.DenauighnCourt.com



STEVE CHILDRESS
"Experience... with Innovation!"
Life Member, NVAR Top Producers
Buyer Broker since 1973!
703-981-3277



Fairfax Station - \$899,000

Come home to this wonderful remodeled, center hall colonial with 4 bedrooms, 3.5 baths, in-law/au-pair suite, a beautiful barn and riding arena, nestled on 6 sprawling acres. Enjoy incredible views, lush pastures, deep woods and extensive trails in the equestrian community of Plantation Hills.



Come to the HEART of Real Estate, Since 1980
Proudly Serving Northern VA
KAY HART, CRS, GRI
Associated Broker
Life Member NVAR Top Producer
kay.hart@longandfooster.com
703.503.1860



OPEN HOUSE, SUNDAY, JULY 9, 1-3 PM
Springfield - \$549,900

BR Split Level on a lovely tree lined street. Great location for Ft. Belvoir, Fx Co Pkwy, Springfield Metro, Schools, and Shopping. Single garage, Fireplace, Game Room, Patio and terraced yard.

703-217-8444

Kay.Hart@Longandfooster.com



JOHN ASTORINO
Realtor®
703.898.5148



OPEN SUNDAY 1-4



Clifton • 5 acres w/ Pool • \$1,175,000

NEW LISTING!



Annandale • Elevator! • Custom colonial
\$1,150,000



NEW LISTING!
OPEN SUNDAY 1-4 PM!



Sterling • Shows like a Model Home!
End unit TH w/ Garage • \$459,900

For more information, go to
www.JAHomes4u.com
or John.Astorino@LNF.com



Under Contract Over List Price of \$719,900

9213 Silverline Drive, Fairfax Station | Sheffield Model in Crosspointe
Buyers are currently seeking similar homes... it's a great time to Sell.
Give me a call to List Today!



Sheila Adams
703-503-1895
Life Member, NVAR Multi Million Dollar Sales Club
Life Member, NVAR Top Producers



Fairfax \$649,900
Gorgeous 4 BR Colonial in beautiful Middlebridge. Home offers year round sunroom, deck with hot tub, trees line back yard providing privacy for perfect entertaining. Garage holds three cars (perfect for boat or antique car lover).
Call Sheila 703-503-1895.



BARBARA NOWAK & GERRY STAUDTE
"My Virginia Home Team"
703-473-1803, 703-309-8948
gerry.staudte@longandfooster.com
www.MyVirginiaHomeTeam.com



Reston - \$410,000
New on the Market!
Fabulous bath renovation! Updated and well cared for 3BR TH close to Metro. 2 SGD offer lots of light in Kit/DR and lead to large deck w/roll-out awning overlooking trees. Walk-out on LL.



ELLIE WESTER
703-503-1880
L&F Founder's Club
Lifetime NVAR Top Producer
Life Member, NVAR Million Dollar Sales Club
ellie.wester@longandfooster.com



Fairfax Station - \$729,900
New on the Market!

Beautifully maintained and improved home in the desirable Fairfax Station neighborhood. Over 2800 finished space with updated baths and kitchen, 4 bedrooms, main level library as well as replacement windows. Half acre with common area on three sides. Neighborhood swim club and tennis.



"Committed to Earning the Loyalty of Our Clients by Providing Unparalleled Professionalism and Exceptional Service While Supporting Our Community."

